

Dr. Sonia J Lupien

Senior Career Research Chair - New Perspective in Gender, Sex and Health



Biography

Dr. Sonia Lupien is Scientific Director of the Mental Health Research Centre Fernand Seguin at Hospital Louis H Lafontaine, and is an associate professor with the Department of Psychiatry at Université de Montréal. Dr. Lupien is also the Founder and Director of the Centre for Studies on Human Stress (www.humanstress.ca). After completing her Ph.D. in Neuroscience at Université de Montréal, Dr. Lupien received postdoctoral research training at the University of California in San Diego and at Rockefeller University in New York. Dr. Lupien's research interests focus on the effects of stress over the human lifespan. Early in her career, she showed that high levels of stress hormones in older adults are linked to both memory impairment and smaller volume of the hippocampus, a brain structure involved in learning and memory. Two years later, she showed that children from low socioeconomic status present higher levels of stress hormones when compared to children from high socioeconomic status. Importantly, Dr. Lupien's research has demonstrated that stress may have a negative impact on humans at any age, be it young or old. Her future projects include a research program on the detection and intervention for stress in the workplace, as well as the development of the DeStress for Success Program that aims at educating children and teenagers on stress and its impact on learning and memory.

Research

Stress, Gender/Sex, and Mental Health
Across the Lifespan : Generating New
Knowledge and Translating it Into Successful
Education Programs

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